

Salt the facts

Bupa

Salt is an essential part of our diet but the chances are you're eating too much.

How much salt do we need?

We only need a small amount of salt in our diet. Aim to eat no more than 6g of salt a day – around one teaspoonful. Most people eat too much and need to cut down.



Why do we need salt?



What are the health effects of too much salt?



high blood pressure



stroke



heart disease

Watch out for hidden salt



75% (three-quarters) of the salt we eat is hidden in processed foods and foods we eat out.

Did you know there's salt in cakes and biscuits, bread and breakfast cereals?

5 tips to cut down on salt



• Eat less processed food – eat fresh and cook your own meals from scratch.



• Flavour your food with garlic, pepper, herbs and spices or a squeeze of lemon instead of salt.



• When eating out, ask the chef to hold back on the salt, or ask what low-salt dishes they offer.



• Watch out for hidden salt in sauces, such as tomato ketchup and pasta sauces – choose low-salt versions.



• Check food labels. A food that's high in salt has more than 1.5g salt per 100g whereas a low-salt option has 0.3g salt or less per 100g.

Salt Management Guide

G Orfield



Salt Management Guide:

Unveiling the Energy of Verbal Art: An Emotional Sojourn through **Salt Management Guide**

In some sort of inundated with displays and the cacophony of immediate connection, the profound energy and emotional resonance of verbal artistry frequently fade into obscurity, eclipsed by the continuous onslaught of noise and distractions. However, located within the lyrical pages of **Salt Management Guide**, a charming function of literary beauty that impulses with natural emotions, lies an memorable journey waiting to be embarked upon. Penned by a virtuoso wordsmith, that mesmerizing opus manuals visitors on an emotional odyssey, gently exposing the latent potential and profound influence stuck within the complex internet of language. Within the heart-wrenching expanse of the evocative examination, we shall embark upon an introspective exploration of the book is key themes, dissect their captivating publishing model, and immerse ourselves in the indelible impact it leaves upon the depths of readers souls.

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